

## Ashburn Senior Center

20880 Marblehead Dr.  
Ashburn, VA 20147

Tel: 571-367-8340



Division of AAA

Manager:  
Ceola Grant

Assistant  
Manager:  
Aristotle Porras

Café Supervisor:  
Melissa Flores

Recreation  
Programmer:  
Michele Ferris

Customer  
Service  
Assistant:  
Tatiana Holmes

Center Hours:  
Monday-Friday  
9:00 am to 5:00 pm

# ASHBURN TIMES

## July 2021

Volume 2

### Grand Opening Ribbon Cutting Ceremony



The Loudoun County Board of Supervisors and departments of Parks, Recreation and Community Services and Transportation and Capital Infrastructure celebrated the Ribbon Cutting Ceremony of the Ashburn Senior Center on June 17, 2021. The ceremony was one of the most well attended grand openings in Loudoun County's history. It was a beautiful day with bright blue skies and a gorgeous breeze.

### Summer Olympics 2020– Going for Gold in Tokyo!



Let the games begin! The modern Olympic Games are the world's foremost multi-sports event! They are the largest sporting celebration in terms of the number of sports on the program, the number of athletes present and the number of people from different nations gathered together at the same time, in the same place, in the spirit of friendly competition.

Organized every four years, they include a summer and a winter edition. Athletes from all 206 National Olympic Committees and the IOC Olympic Refugee Team are eligible to compete in a wide range of sporting disciplines and events, watched by a worldwide audience. This year we welcome the games to Tokyo starting July 23-August 8.

<https://www.loudoun.gov/seniors-Ashburn>



## SENIOR CENTER RECREATION CALENDAR

### ROOM KEY

Lobby- LOB  
Dance Studio- DAN  
Computer Lab- COMP  
Game room- GAM  
Art Classroom115- ART1  
Art Classroom116- ART2  
Multipurpose 1- MULT1  
Multipurpose 2- MULT2  
Multipurpose 3- MULT3

Please sign-up for Lunch Bunch and local trips at the front desk. Space is limited. This is a self-pay activity. There is a \$1 bus charge.

Please sign-up at the front desk for Pickleball Sign-Up times on Fridays from 9-12PM.

### THURSDAY JULY 1ST

9AM Walking Club (LOB)

11AM Gardening Club (ART1)

**12 PM LUNCH (MULTI1&2)**

1:30-4:30 PM Party Bridge (MULTI3)

1:30 PM Matinee Movie (MULTI1&2)

2 PM Afternoon Tea (LOB)

### FRIDAY JULY 2ND

9-12 PM Pickleball Sign-Up (MULTI3)

**12 PM LUNCH (MULTI1&2)**

1 PM Stretch, Core & Balance (DAN)

1:30-4:30 PM Pickleball Open Court (MULTI3)

1:00 PM Patriotic Sing-A-Long & Ice Cream Floats (MULTI1&2)

### MONDAY JULY 5TH

CLOSED FOR  
JULY 4TH-  
HOLIDAY



### TUESDAY JULY 6TH

10 AM Music in Motion (DAN)

10:30 YOGA (MULTI3)

11 AM Book Club (ART1)

11 AM Tai Chi (DAN)

**12 PM LUNCH (MULTI1&2)**

1:30-4:30 PM Mahjong (MULTI1&2)

### WEDNESDAY JULY 7TH

9-12 PM Beginner Pickleball (MULTI3)

10-12 PM Knitting & Crocheting Club (ART1)

10:30 AM Virtual Yoga (DAN)

**12 PM LUNCH (MULTI1&2)**

1:30-4:30 PM It's All Fun & Games (MULTI1&2)

1:30-4:30 PM Pickleball Open Court (MULTI3)

### THURSDAY JULY 8TH

9AM Walking Club (LOB)

10 AM Conversational Spanish Group (ART2)

11AM Gardening Club (ART1)

**12 PM LUNCH (MULTI1&2)**

1:30-4:30 PM Party Bridge (MULTI3)

1:30 PM Matinee Movie (MULTI1&2)

### FRIDAY JULY 9TH

9-12 PM Pickleball Sign-Up (MULTI3)

10 AM Current Events Discussion (ART1)

**11 AM Lunch Bunch @ Silver Diner (LOB)**

**12 PM LUNCH (MULTI1&2)**

1 PM Stretch, Core & Balance (DAN)

1:30-4:30 PM Pickleball Open Court (MULTI1,2&3)

# JULY 2021 SENIOR CENTER RECREATION CALENDAR

<b>MONDAY JULY 12TH</b>	<b>TUESDAY JULY 13TH</b>	<b>WEDNESDAY JULY 14TH</b>	<b>THURSDAY JULY 15TH</b>	<b>FRIDAY JULY 16TH</b>
10-12 PM Knitting & Crocheting Club (ART1)	10 AM Music in Motion (DAN)	9-12 PM Beginner Pickleball (MULTI3)	9AM Walking Club (LOB)	9-12 PM Pickleball Sign-Up (MULTI3)
10-11 :30 AM Bingo (MULTI1&2)	10:30 YOGA (MULTI3) 11 AM Book Club (ART1)	10-12 PM Knitting & Crocheting Club (ART1)	10 AM Conversational Spanish Group (ART2)	10 AM Current Events Discussion (ART1)
10:30 YOGA (MULTI3)	11 AM Tai Chi (DAN)	10:30 AM Virtual Yoga (DAN)	11AM Gardening Club (ART1)	11 AM Group Crossword (ART2)
<b>12 PM LUNCH (MULTI1&amp;2)</b>	<b>12 PM LUNCH (MULTI1&amp;2)</b>	<b>12 PM LUNCH (MULTI1&amp;2)</b>	<b>12 PM LUNCH (MULTI1&amp;2)</b>	<b>12 PM LUNCH (MULTI1&amp;2)</b>
1:15-2:30 PM Beginner Line Dancing (DAN)	1:30-4:30 PM Mahjong (MULTI1&2)	1:30-4:30 PM It's All Fun & Games (MULTI1&2)	1:30-4:30 PM Party Bridge (MULTI3)	1 PM Stretch, Core & Balance (DAN)
1:30-4:30 PM Pickleball Open Court (MULTI3)	2 PM Creative Corner Floral Teacups (ART1)	1:30-4:30 PM Pickleball Open Court (MULTI3)	1:30 PM Matinee Movie (MULTI1&2)	1:30-4:30 PM Pickleball Open Court (MULTI1,2&3)
<b>MONDAY JULY 19TH</b>	<b>TUESDAY JULY 20TH</b>	<b>WEDNESDAY JULY 21ST</b>	<b>THURSDAY JULY 22ND</b>	<b>FRIDAY JULY 23RD</b>
10-12 PM Knitting & Crocheting Club (ART1)	10 AM Music in Motion (DAN)	9-12 PM Beginner Pickleball (MULTI3)	9AM Walking Club (LOB)	9-12 PM Pickleball Sign-Up (MULTI3)
10-11 :30 AM Bingo (MULTI1&2)	10:30 YOGA (MULTI3) 11 AM Book Club (ART1)	10-12 PM Knitting & Crocheting Club (ART1)	10 AM Conversational Spanish Group (ART2)	10 AM Current Events Discussion (ART1)
10:30 YOGA (MULTI3)	11 AM Tai Chi (DAN)	10:30 AM Virtual Yoga (DAN)	11AM Gardening Club (ART1)	<b>10:30 AM Out on the Town: Shopping to Leesburg Outlets (LOB)</b>
<b>12 PM LUNCH (MULTI1&amp;2)</b>	<b>12 PM LUNCH (MULTI1&amp;2)</b>	<b>12 PM LUNCH (MULTI1&amp;2)</b>	<b>12 PM LUNCH (MULTI1&amp;2)</b>	<b>12 PM LUNCH (MULTI1&amp;2)</b>
1:15-2:30 PM Beginner Line Dancing (DAN)	1:30-4:30 PM Mahjong (MULTI1&2)	1:30-4:30 PM It's All Fun & Games (MULTI1&2)	1:30-4:30 PM Party Bridge (MULTI3)	1 PM Stretch, Core & Balance (DAN)
1:30-4:30 PM Pickleball Open Court (MULTI3)		1:30-4:30 PM Pickleball Open Court (MULTI3)	1:30 PM Matinee Movie (MULTI1&2)	1:30-4:30 PM Pickleball Open Court (MULTI1,2&3)



# JULY 2021 SENIOR CENTER RECREATION CALENDAR

MONDAY JULY 26TH	TUESDAY JULY 27TH	WEDNESDAY JULY 28TH	THURSDAY JULY 29TH	FRIDAY JULY 30TH
10-12 PM Knitting & Crocheting Club (ART1)	10 AM Music in Motion (DAN)	9-12 PM Beginner Pickleball (MULTI3)	9AM Walking Club (LOB)	9-12 PM Pickleball Sign-Up (MULTI3)
10-11 :30 AM Bingo (MULTI1&2)	10:30 YOGA (MULTI3) 11 AM Book Club (ART1)	10-12 PM Knitting & Crocheting Club (ART1)	10 AM Conversational Spanish Group (ART2)	10 AM Current Events Discussion (ART1)
10:30 YOGA (MULTI3)	11 AM Tai Chi (DAN)	10:30 AM Virtual Yoga (DAN)	11AM Gardening Club (ART1)	<b>12 PM LUNCH (MULTI1&amp;2)</b>
<b>12 PM LUNCH (MULTI1&amp;2)</b>	<b>12 PM LUNCH (MULTI1&amp;2)</b>	<b>12 PM LUNCH (MULTI1&amp;2)</b>	<b>12 PM LUNCH (MULTI1&amp;2)</b>	1 PM Stretch, Core & Balance (DAN)
1:15-2:30 PM Beginner Line Dancing (DAN)	12:30-1 PM Lunch & Learn with Loudoun Habitat for Humanity (MULTI1&2)	1:30-4:30 PM It's All Fun & Games (MULTI1&2)	1:30-4:30 PM Party Bridge (MULTI3)	1:30-4:30 PM Pickleball Open Court (MULTI1,2&3)
1:30-4:30 PM Pickleball Open Court (MULTI3)	1:30-4:30 PM Mahjong (MULTI1&2)	1:30-4:30 PM Pickleball Open Court (MULTI3)	1:30 PM Matinee Movie (MULTI1&2)	

## Class Descriptions

**Beginner Line Dancing**– Instructor –led class. Vinny teaches some of the basic line dances.

**Pickleball Open Court**– Drop-in play. Players will rotate after each game.

**Music in Motion**– Video based exercise class to music.

**Beginner Pickleball**– Court available for beginning players to practice.

**Virtual Yoga**– Instructor-led virtual class.

**It's All Fun & Games**– Drop-in play of various card and/or board games including Canasta, Pinochle, Yahtzee etc.

**Matinee Movie**– Currently the movies will be YouTube shows/TED Talks.

**Pickleball Sign-Up**– Players/groups must sign-up in advance at front desk for court times.

**Lunch Bunch**– Self-pay outings to various area restaurants for lunch. Participants must sign-up in advance at the front desk due to limited seating on the bus.

**Stretch, Core & Balance**– Video based exercise.





## July 2021 Senior Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>THANK YOU</b> For your <u>GENEROUS</u> Donations!!! 	 <i>Menu subject to change            due to the availability of            products</i>	<i>Reservation Required</i> <b>Please reserve your            lunch at least 24            hours before the day            you would like to            attend</b>	1 Swedish Meatballs Rice Mixed Vegetables Bread Fruit Milk	2 Hot Dogs Baked Beans Vegetable Blend Fruit Bread Milk
5 <u>COUNTY HOLIDAY</u>  Centers Closed Today	6 Baked Chicken Delmonico Potatoes Collard Greens Fruit Bread Milk	7 Broccoli Quiche Corn Green Beans Fruit Bread Milk	8 Pork Chops Fettuccini Spiced Applesauce Fruit Bread Milk	9 Seafood Casserole Veggie Blend Fruit Bread Milk
12 Stuffed Cabbage Corn Vegetable Blend Fruit Bread Milk	13 Baked Fish Baked Potato Green Beans Fruit Bread Milk	14 Spaghetti / Meat sauce Vegetable Blend Bread Fruit Milk	15 Italian Sausage Braised Cabbage Parslied Potatoes Bread Fruit Milk	16 Beef Stew Noodles Vegetable Blend Fruit Bread Milk
19 Chili Rice Mixed Vegetable Bread Fruit Milk	20 BBQ Chicken Corn Collard Greens Bread Fruit Milk	21 Meatloaf Mashed Potato Green Peas Fruit Bread Milk	22 Escalloped Chicken Green Beans Lima Beans Fruit Bread Milk	23 Baked Ham Scalloped Potato Spinach Fruit Bread Milk
26 Salisbury Steak Macaroni & Cheese Mixed Vegetables Fruit Bread Milk	27 Sweet n Sour Pork Seasoned Yellow Rice Vegetable Medley Fruit Bread Milk	28 Baked Fish Baked Potatoes Green Beans Fruit Bread Milk	29 Lasagna Malibu Blend Vegetables Bread Fruit Milk	30 Sliced Turkey/Gravy Stuffing Mashed Potato Green Peas Fruit Bread/Milk



## National Treasures

**DONATIONS  
PLEASE**

Please consider donating yarn, knitting and crocheting needles, sewing materials, and gently used board games. We do have limited storage space. Thank you in advance for your generosity.

Since 1985, America has celebrated July as Park and Recreation Month, but America's dedication to preserving the nation's wild places goes back much further. It was in 1872 that President Teddy Roosevelt designated Yellowstone as America's first national park, and he would go on to protect over 230 million acres of land as national forests, monuments, and wildlife refuges.

As a child growing up in New York City, Roosevelt spent much of his time indoors, surrounded by concrete and steel and struggling for breath, due to debilitating asthma. It seems logical that Roosevelt would later prioritize the protection of nature. He escaped to the wilderness for fresh air and strengthened himself by trekking primeval forests and snow-covered peaks. Just as nature strengthened and inspired Roosevelt, he hoped that nature would do the same for his fellow Americans.

By every measure, Americans have fulfilled Roosevelt's dream. Each year, over 300 million people visit America's national parks. Since the creation of Yellowstone, the national park system has grown to 423 protected areas in every state, from the coast of Acadia in Maine to the redwoods of northern California, from the cliff dwellings of Colorado's Mesa Verde to the glacier-carved valleys of Alaska's Gates of the Arctic. And the park system continues to grow. At the start of the year, New River Gorge in West Virginia became America's 63rd national park. But while national parks enshrine and preserve America's rich natural legacy, Park and Recreation Month is meant to celebrate parks of all kinds.

National parks make dramatic backdrops for family vacations, but local parks are where we find daily respite and rejuvenation. They are perfect places to enjoy the shade of a tree and listen to the song of a bird. What is more, local parks provide us with opportunities to continue Roosevelt's legacy of conservation by volunteering to plant a tree or clean up a river. Roosevelt's message was not just one of enjoying nature but of protecting and nurturing it for future generations.



## Advisory Board & Volunteers



As we enter our first full month of being open at the Ashburn Senior Center, we would like to invite residents of our community to consider

becoming a member of the Advisory Board. The Ashburn Senior Center Advisory Board partners with the staff to advise and help support programming.

In addition, we are looking for volunteers to assist at the front desk, in the kitchen and as activity leaders. If you or someone you know is

interested in learning more, email

volunteer4PRCS@loudoun.gov  
or call 703-771-5984

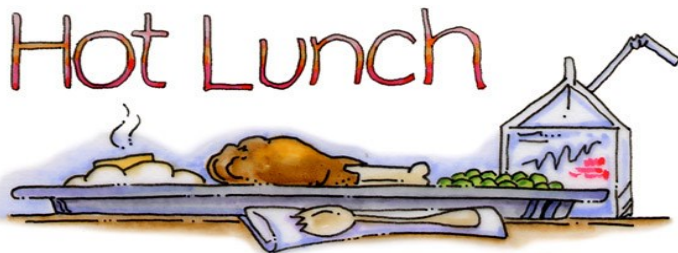
and ask to speak with a Volunteer Services Team member. If you are ready to start, please complete our volunteer registration process at [www.loudoun.gov/adultvolunteers](http://www.loudoun.gov/adultvolunteers).

"Volunteers do not necessarily have the time; they just have the heart."

-Elizabeth  
Andrew

## Ashburn Senior Center Meal & Bus Service

Please call or sign-up at the front desk 24 hours in advance for lunch and bus reservations. **571.367.8340**



## Sign-up with Lori

Our social worker, Lori, from the Area Agency on Aging will be available to provide services on July 19th.

Please sign-up at the front desk for a time slot.

To connect with Area Agency on Aging programs and services, and other community resources, please call

**703.777.0257**





# Super Senior Discount

## for Loudoun County Recreation Centers

### What is a Super Senior Discount?

- It's a discount pass that is good at any Loudoun County Recreation Center (currently two in Loudoun - Dulles South and Claude Moore)
- A third Recreation Center is being planned for Ashburn
- Discount pass is good for full use of the Recreation Center during the same hours the senior center is open:
  - Monday through Friday from 9:00 to 5:00.
  - No evenings or weekends

### Who qualifies for a Super Senior Discount?

- Anyone 55 years of age and over who is currently a member at any Loudoun County Senior Center

### How much does it cost?

- Super Senior discounted annual membership:
  - \$245 for a single senior (*non-member of a senior center \$350*)
  - \$420 for 2 seniors who live in the same household (*non-member of a senior center \$600*)

### Where can I purchase a Super Senior Discount?

Passes can be purchased in person at any senior center or recreation center  
The passes cannot be purchased on-line





# **ASHBURN SENIOR CENTER**

## **HOURS OF OPERATION**

**Monday - Friday 9:00 am – 5:00 pm**

**Saturday & Sunday - CLOSED**

## **NEW MEMBERSHIP & RENEWAL HOURS**

**Monday 9:00 am – 4:00 pm**

**Tuesday 9:00 am – 2:00 pm**

**Wednesday 9:00 am – 2:00 pm**

**Thursday 12:00 pm – 4:00pm**

## **LIMITED MEMBERSHIP PROCESSING FRIDAYS**

# Independence Day

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

T	H	I	R	T	E	E	N	P	I	C	N	I	C	H
H	Y	U	E	A	H	T	P	J	L	N	M	F	W	O
C	K	P	N	D	S	J	H	U	O	C	I	P	N	L
I	S	R	Z	I	Q	B	I	L	S	I	N	M	A	I
T	E	J	U	U	T	Z	L	Y	F	R	U	M	K	D
O	I	Q	K	M	V	E	A	E	G	Y	T	S	U	A
I	N	D	E	P	E	N	D	E	N	C	E	D	A	Y
R	O	S	P	T	I	A	E	S	G	Q	M	K	A	H
T	L	I	T	F	R	M	L	F	T	W	E	D	C	T
A	O	H	G	A	V	S	P	K	R	A	N	Z	F	R
P	C	Y	P	D	R	Y	H	D	C	E	T	E	O	U
S	E	P	I	R	T	S	I	N	L	R	E	E	W	O
P	N	O	I	T	A	R	A	L	C	E	D	D	S	F
F	I	R	E	W	O	R	K	S	P	N	T	A	O	L
E	T	A	R	B	E	L	E	C	W	H	T	E	W	M



CELEBRATE	HOLIDAY	PHILADELPHIA
COLONIES	INDEPENDENCE DAY	PICNIC
DECLARATION	JULY	STARS
FIREWORKS	MINUTEMEN	STRIPES
FOURTH	PARADE	THIRTEEN
FREEDOM	PATRIOTIC	UNITED STATES



## Passenger Courtesies

- When using cell phones please be considerate, speak quietly.
- No eating or drinking or food in open containers allowed on the buses.
- No smoking allowed on the buses.
- Headphones are required for portable music and gaming devices.
- It is recommended to be at the bus stop a few minutes early because arrival times are subject to traffic conditions and can vary by 5 to 10 minutes.



Local bus service is provided by Loudoun County and managed by the Department of Transportation and Capital Infrastructure.



### Contact Information

Customer Service

571-258-3464

Hours: Monday through Friday  
5:15am till 11:00 pm

Loudoun County Staff

703-771-5665

Hours: Monday through Friday  
8:30am till 5:00 pm

### Loudoun County

Department of Transportation and Capital Infrastructure

101 Blue Seal Drive, Suite 102

Leesburg, VA 20175

E-mail: [transit@loudoun.gov](mailto:transit@loudoun.gov)

Effective March 30, 2020



ROUTE

# 62

## ASHBURN CONNECTOR

Bus service from Ashburn to:

- One Loudoun
- Dulles Town Center
- Connections to Wiehle-Reston East Metro station via Wiehle Express at One Loudoun or Routes 84 & 87 at Dulles Town Center
- Connections to the INOVA Loudoun Hospital via Route 70 at One Loudoun

MONDAY-FRIDAY SERVICE



[www.loudoun.gov/transit](http://www.loudoun.gov/transit)

## 571-258-3464



In accordance with Title VI and ADA requirements, please contact Loudoun County's Department of Transportation and Capital Infrastructure at 1-877-465-2287 to request reasonable accommodations, including printed material in an alternate format, language translation and interpretation services.

# Now serving the Dulles Town Center!

Route 62 Ashburn Connector								
Ashburn Village Giant—front door	Wingler House—East & West	Ashby Ponds	Potomac Green	One Loudoun @ Exchange Street Shelter	Dulles Town Center—2nd level between Macy's and Lord & Taylor	Ashby Ponds	Wingler House	Ashburn Village Giant—front door
7:00	7:06	7:11	7:17	7:23	7:43	7:49	7:54	7:58
8:00	8:06	8:11	8:17	8:23	8:43	8:49	8:54	8:58
9:00	9:06	9:11	9:17	9:23	9:43	9:49	9:54	9:58
10:00	10:06	10:11	10:17	10:23	10:43	10:49	10:54	10:58
11:00	11:06	11:11	11:17	11:23	11:43	11:49	11:54	11:58
12:00	12:06	12:11	12:17	12:23	12:43	12:49	12:54	12:58
1:00	1:06	1:11	1:17	1:23	1:43	1:49	1:54	1:58
2:00	2:06	2:11	2:17	2:23	2:43	2:49	2:54	2:58
3:00	3:06	3:11	3:17	3:23	3:43	3:49	3:54	3:58
4:00	4:06	4:11	4:17	4:23	4:43	4:49	4:54	4:58
5:00	5:06	5:11	5:17	5:23	5:43	5:49	5:54	5:58
6:00	6:06	6:11	6:17	6:23	6:43	6:49	6:54	6:58

